２０２５年度　文部科学省　中卒認定　英語　健康についての記事と

文部科学省　２０２５年度　中学校卒業程度認定試験　英語

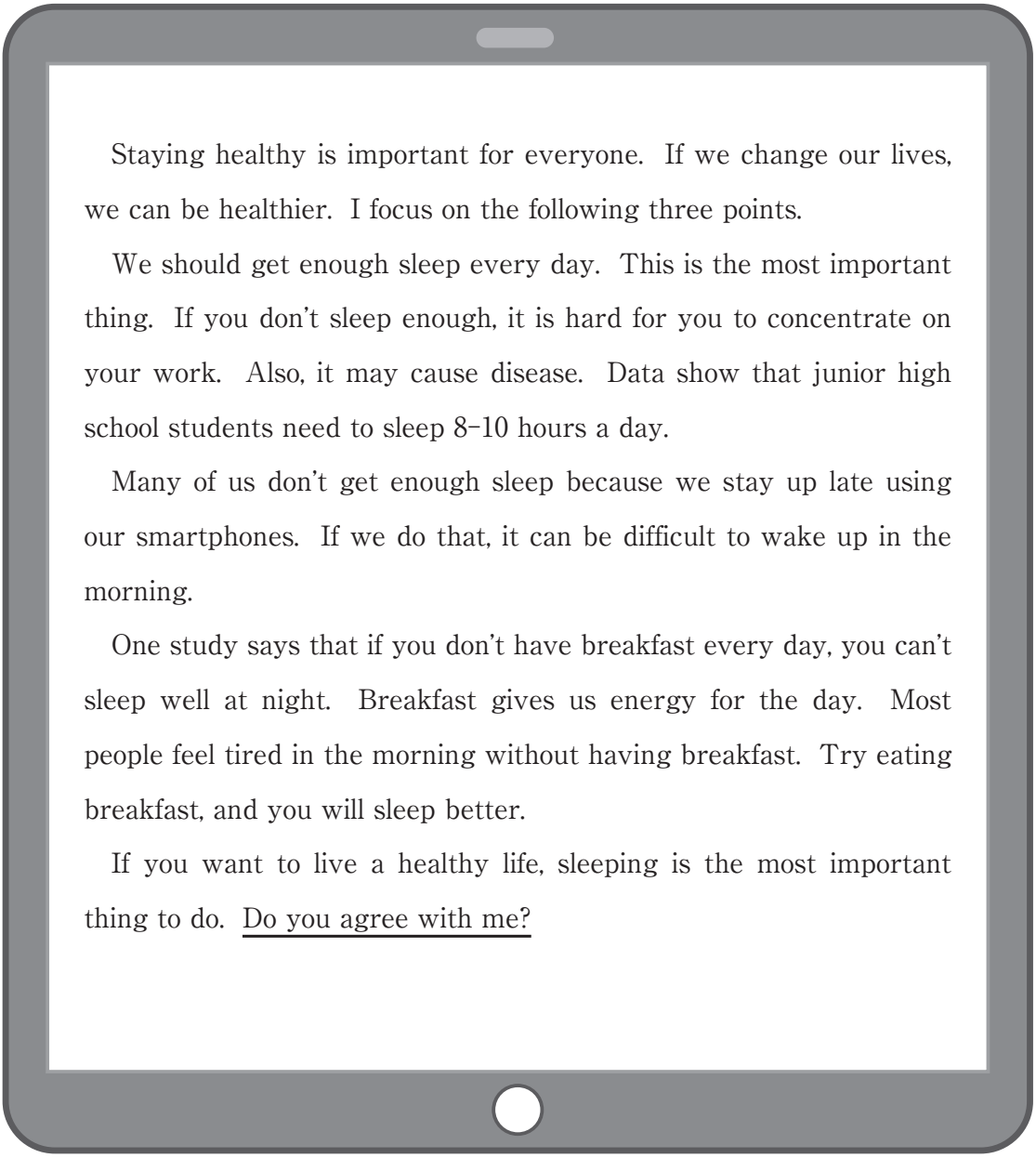
文部科学省ウェブサイト利用規約（公共データ利用規約　第１．０版準拠）

対象ページを抜粋し、出典表紙を追加。

https://www.mext.go.jp/content/20260326-mxt_syogai02-mext_000045426_05.pdf

https://www.mext.go.jp/b_menu/1351168.htm

4 夏休み前の英語の授業で，先生から次のような記事が学習者用端末に送られてきました。これを読み，あとの問いに答えなさい。



Staying healthy is important for everyone. If we change our lives, we can be healthier. I focus on the following three points.

We should get enough sleep every day. This is the most important thing. If you don't sleep enough, it is hard for you to concentrate on your work. Also, it may cause disease. Data show that junior high school students need to sleep 8–10 hours a day.

Many of us don't get enough sleep because we stay up late using our smartphones. If we do that, it can be difficult to wake up in the morning.

One study says that if you don't have breakfast every day, you can't sleep well at night. Breakfast gives us energy for the day. Most people feel tired in the morning without having breakfast. Try eating breakfast, and you will sleep better.

If you want to live a healthy life, sleeping is the most important thing to do. Do you agree with me?

（注） disease …病気　　study …研究

1　この記事の筆者が最も伝えたいことを**ア**～**エ**の中から１つ選び，○で囲みなさい。

ア　To be healthy, we need to sleep enough.

イ　Smartphones are very useful because we can watch videos and play games.

ウ　Breakfast is the most important meal of the day.

エ　If you don't have breakfast, you feel tired and hungry.

2　本文中の下線部＿＿＿の質問に対する**あなたの考えとその理由**を英語で書きなさい。